

# Coast Guard

Military • Multimission • Maritime



## A HERO'S RETURN

After 35 years of being missing in action, Lt. Jack Rittichier's remains are returned home.



Safe Transit



Depression



Sting Rays

# Heroes

## The world's best Coast Guard

### AMT3 CHARLES SHARP

**A**MT3 Charles Sharp received the Silver Lifesaving Medal during a ceremony Oct. 10, for heroic action on the afternoon of Feb. 28, 2001, when he rescued an unconscious woman caught in 12-foot crashing shore surf in Waimea Bay, Oahu, Hawaii.

Standing among a large crowd of civilians admiring the high surf, Sharp saw a young boy yelling and pointing toward the water. A woman was trapped in a dangerous cycle of incoming waves and a ferocious outgoing rip current. The deadly combination clearly threatened to overwhelm her.

Without hesitation, Sharp called to the nearest lifeguard and ran into the water. Swimming through the treacherous surf, he was the first person to reach the victim, who was already face down and unconscious in the water. When the lifeguard reached the victim, Sharp assisted in

pulling the woman back to shore.

Due to the heavy pounding of the surf, Sharp, the lifeguard, and the woman were repeatedly slammed onto the shore, then immediately dragged back into the churning surf.

Though battered and exhausted, Sharp and the lifeguard held onto the woman, dragging her out of the water and onto the beach. After being pulled ashore, the victim regained consciousness, began breathing on her own and was taken to the hospital.

Sharp's determined efforts, outstanding initiative and fortitude during this rescue resulted in saving the woman's life. His unselfish actions and valiant service, despite imminent personal danger reflect great credit upon himself and are in keeping with the highest traditions of the United States Coast Guard.

14th Dist.



PO2 Phil Welker, Air Station, Barbers Point

# Coast Guard

U.S. Department of Homeland Security



## Features

### 14 *All hands accounted for*

By PA1 Lauren Smith, 1st Dist.

Coast Guard hero Lt. Jack Rittichier is returned home and laid to rest at Arlington National Cemetery 35 years after being shot down in Vietnam.

### 22 *Safe Transit*

By PA3 Donnie Bruzaska, Lantarea

Coast Guardsmen from Maryland and Virginia mobilize for an intense maritime security operation for the first liquefied natural gas shipment to the region in 23 years.

### 24 *Depression in the Coast Guard*

By PA1 Jaimie Knife, 1st Dist.

Information on how to recognize the signs of depression and where to seek help.

### 28 *It's a Sting Ray*

By Lt. Craig Neubecker, HITRON

The Coast Guard's newest armed interdiction helicopter receives its official designation.

## Departments

### 8 *News Beat*

### 32 *Log book*

Check out **Coast Guard** magazine on the web.  
[www.uscg.mil/magazine](http://www.uscg.mil/magazine)

November 2003



Homeland Security



#### ON THE COVER

Coast Guard Honor Guard members carry Lt. Jack Rittichier's casket from an aircraft as they transport his remains to Arlington National Cemetery. PA1 Tom Sperduto, PADET New York





# UP FRONT

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## UP FRONT

### GUNNING IT

Lt. Holly Harrison, commanding officer of the CGC Aquidneck, sights in on a target with an M-4 rifle during small arms refresher training aboard the cutter, which was one of four 110-foot patrol boats deployed to the Middle East in support of Operation Iraqi Freedom.

PHOTO BY PA1 JOHN GAFFNEY, LANTAREA



## UP FRONT

### **FIRST RIDE**

Coast Guard personnel ride the Staten Island ferry into Manhattan during one of the first ferry rides since service was suspended after the ferry slammed into a pier, killing 10 people and injuring at least 42 others, Oct. 16 in New York.

AP photo







## UP FRONT

### SUNNY SIDE UP

A crew from Coast Guard Station Burlington, Vt., patrols Lake Champlain in a 41-foot rescue boat Sept. 11.

PHOTO BY PA3 MIKE HVOZDA, PADET NEW YORK

# CG units seize 64 bales of cocaine



A CGC Tampa crewmember handcuffs a suspected drug smuggler after the go-fast he was riding on was intercepted by the Tampa.



A crew from the Tampa prepares to board a suspected smuggling go-fast boat that was stopped by disabling fire from a Coast Guard helicopter.

**MIAMI, Oct. 23** — The CGC Tampa, homeported in Portsmouth, Va., and a helicopter from the Coast Guard's Helicopter Interdiction Tactical Squadron teamed up to stop a 40-foot go-fast boat loaded with cocaine today 90 miles south of Jamaica.

Joint Interagency Task Force South notified the cutter that a go-fast was headed north toward Jamaica. The HITRON MH-68A Sting Ray helicopter aboard the cutter was deployed to intercept and stop the go-fast. After the go-fast operator refused to stop, warning shots were fired from the helicopter.

Once again, the suspect refused to stop the boat. Disabling fire was used to stop the vessel safely. Two of the boat's 200 horsepower engines were shot and disabled.

A law enforcement team from the Tampa intercepted the crippled suspect vessel. When the crew arrived, there were no bales left aboard. After securing the vessel and crew, a search for contraband in the water was conducted, and 64 bales of cocaine were located and recovered over a seven-mile distance from where the smuggling vessel was stopped. The drugs are estimated to weigh approximately 3,000 pounds.

All suspects and contraband were turned over to U.S. Drug Enforcement Administration officials in Guantanamo Bay, Cuba.

This is Tampa's second drug interdiction in the past week. The first was Oct. 21, 20 miles south of Jamaica, where Tampa's crew seized 4,494 pounds of cocaine.

During fiscal year 2003, the Coast Guard seized 136,865 pounds of cocaine nationwide, the second largest annual seizure total in history, and arrested 283 drug smugglers.

Story by PA3 Ryan Doss, 7th Dist. and photos by CGC Tampa



Bales of cocaine seized by the Tampa.

Adm. Thomas H. Collins

Commandant

Vice Adm Thomas J. Barrett

Vice Commandant

Capt. Joel Whitehead

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**Letters to the editor:** Please limit remarks to 150 words or less. No names will be withheld. Provide rank, first and last name, phone number and unit. Letters may be condensed because of space. Not all letters will be published.

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## Durable moves to Columbia

Washington, D.C., Sept. 3 — Vice Commandant of the Coast Guard Vice Adm. Thomas Barrett, and Vice Adm. Mauricio Soto, chief naval officer of the Armada Republica de Colombia, signed the papers officially transferring the CGC Durable to the A.R.C. today.

After the signing, the admirals made remarks on the continuing cooperation between the United States and A.R.C. Barrett also expressed his respect for the Colombian navy's excellent seamanship and navigational ability and asked Soto to "extend our appreciation to your [personnel] for what they do on a daily basis."

Immediately following the ceremony, the Durable was towed via tug from Activities Baltimore to a commercial pier in Baltimore's Inner Harbor to begin preparations for its sail to Colombia. On Sept. 4, it was commissioned there as the warship A.R.C. Valle De Cauca.

The 210-foot Durable was built in 1966, commissioned in 1968, and has performed brilliantly in carrying out mainly law enforcement and search and rescue operations in the Gulf of Mexico and the Caribbean.

A.R.C. Valle De Cauca will serve in the Pacific Ocean for Colombia as one of its naval ships dedicated to the A.R.C.'s ongoing and relentless mission to protect



Chief of Naval Operations for Columbia, Vice Adm. Mauricio Soto (right) salutes the crew of the Armada Republica de Columbia during a commissioning ceremony for the Valle De Cauca.

Colombian interests by intercepting drugs and other contraband. Since 1997 the A.R.C. has seized 150 tons of cocaine. The A.R.C. signed a bilateral agreement with the Coast Guard in 1996 that solidified cooperation in the international counter-narcotics effort.

The Durable transfer is an historic moment as it marks the first time a Coast Guard medium-endurance cutter has been transferred through the Foreign Military Sales program. FMS, a joint Coast Guard and Department of Defense program, has transferred 101 Coast Guard cutters and boats since 1997 to other nations. Colombia is not a new customer to the FMS program; this latest transfer was the fifth that the A.R.C. has received. The other four vessels were 82-foot patrol boats.

Claire Wilson, G-CI

## WEBHOT!



[www.uscg.mil/pacarea/msst91103](http://www.uscg.mil/pacarea/msst91103)

Maritime Safety and Security

Teams were established after Sept. 11 to provide port security and harbor defense at home and abroad. They are trained in maritime law enforcement and are capable of assisting other Coast Guard units during major



marine events including migrant and drug interdictions. MSSTs use specially trained canines to help them accomplish their missions. In addition, MSSTs use Coast Guard divers to be the underwater eyes during search or salvage operations.



If you're interested in learning all about the unique missions of MSSTs, check out the MSST 91103 Web site — the first established MSST site.

Think your Web site is unique?

E-mail the URL to

[jjzettles@comdt.uscg.mil](mailto:jjzettles@comdt.uscg.mil)

## MSST 91106 REPORTING

**NEW YORK, Sept. 12** — Coast Guard personnel from Maritime Safety and Security Team 91106 stand at attention during their commissioning ceremony on Staten Island today. The 104 member tactical team assigned to the New York/ New Jersey area is capable of operating under the threat of chemical, biological or radiological attack.  
PA3 Mike Lutz, PADET New York



# Around the world, around the clock

The Coast Guard teamed up with Japanese metal technicians during the week of Aug. 25 to repair the Peace Monument located at the summit of Engineer Hill on Attu Island, Alaska. The monument, built after World War II and dedicated to world peace, was damaged in a spring 2002 storm.

Personnel from Marine Safety Office Chicago, as well as Stations Calumet Harbor, Wilmette Harbor and Michigan City, worked with local organizations to clean up areas along Lake Michigan and the Illinois River for the coastal clean-up Sept. 20.

The Coast Guard assisted a fishing vessel with four people aboard that was experiencing engine problems 50 miles south of Martha's Vineyard, Mass., Oct. 15.

The second Boatcrew Academy in the nation will begin classes in Seattle Oct. 18. The academy was established by the Coast Guard Auxilliary and is meant to give young men and women training and boatcrew qualifications prior to enlisting.



A Coast Guard helicopter crew from Air Station Savannah rescued two boaters after they were forced to jump into the water when their vessel caught fire seven miles southeast of Tybee Island, Ga., Oct. 25.

A helicopter crew from Air Station San Francisco rescued a windsurfer who had been stranded for two days from the base of a cliff 10 miles north of Santa Cruz Oct. 13.

Coast Guard units assisted other Homeland Security agencies in detecting and stopping 127 illegal migrants since Oct. 12 and intercepted a drug smuggling voyage Oct. 11, all bound for Puerto Rico. The migrants, 124 Dominican Republic and three Cubans, were from four groups and have all since been repatriated to the Dominican Republic.

### FY'03 By the numbers compiled Oct. 16

LIVES SAVED: 4,765  
SAR cases: 41,565  
Marijuana: 15,183 pounds  
Cocaine: 113,854 pounds  
Migrants: 6,136

Source: G-IPA-2

## BIG SHRIMP BUST

GALVESTON, Texas, Sept. 11 — The Immigration and Customs Enforcement agency concluded a four-day joint law enforcement offshore marine operation with Coast Guard and NOAA officers today. ICE air and marine enforcement personnel and equipment were also utilized.

The four-day, 24-hour operation focused on targeting commercial fishing vessels. Targeted vessels were boarded by officers for the purpose of detecting violations of laws enforced by the federal agencies. The Galveston County Sheriff's Office enforced violations of state and local laws.

Coast Guard officers aboard the CGC Heron, an 87-foot patrol boat from Sabine, Texas, and ICE special agents boarded the fishing vessel Christian G located about 52 miles southeast of Freeport, Texas, Sept. 9. All four of the turtle excluder devices required by federal law had been sewn shut, and the crew had failed to properly employ By-catch Reduction Devices. The fishing vessel is homeported at Palacios, Texas.

The 41,733 pound load of shrimp aboard the vessel was seized by NOAA after the Christian G was escorted to the port of Galveston, Texas.

"This is a very serious charge because these fishermen were blatantly violating the Endangered Species Act and Magnuson-Stevens Fishery Conservation and Management Act," said NOAA Special Agent Richard Cook.

The seized load of brown shrimp and rock shrimp was sold at auction for \$78,399. It was determined that the captain of the fishing vessel had an outstanding warrant and was turned over to Galveston County Sheriff's deputies.

Story and photo by PA3, Andrew Kendrick, 8th Dist.



BM2 Anthony Reynolds, boarding officer for the CGC Heron, counts illegally caught redfish on top of more than 41,000 pounds of shrimp aboard the Christian G before it was all seized for violating multiple federal fisheries laws.

## CG hosts annual multi-agency strike force operation



MST2 Meghan Fischer uses new equipment to inspect a container as part of the annual multi-agency strike force operation.

LOS ANGELES, Oct. 21 — Marine Safety Office Los Angeles hosted the annual multi-agency strike force operation, to inspect inter-modal containers in Long Beach and Los Angeles harbors.

Trucks and containers were inspected to ensure their compliance with various federal, state, and local regulations.

"The Coast Guard was primarily checking containers for proper blocking and bracing of hazardous materials," said Ensign Tony Migliorini, director of compliance and security. "We also looked to make sure certain chemicals were segregated from others within a container."

"The Coast Guard inspected 539 containers and put 82 on hold for violations," said Migliorini. Containers were placed on hold due to structural damage, poorly packaged items and improper placement and identification of hazardous material placards.

New equipment was used in the three-day search. A multi-gas meter collected and analyzed samples taken from inside containers. The device

checked for oxygen levels, flammable atmospheres and other toxic fumes. "It [multi-gas meter] makes sure we're not opening something that will kill us," said MST2 Meghan Fischer.

"We also just got toxi-clips, and we're using them for the first time in the field," said Fischer. "It will sound [an alarm] if oxygen levels are bad." Toxi-clips are attached to inspector's collars.

State and local police and inspection departments checked drivers for proper driving credentials, searched for contraband, and inspected trucks for safety regulations. California Air Resource Board officers inspected trucks for excessive smoke and engine tampering. Canines from the Coast Guard and police departments were used to search trucks for explosives.

The Coast Guard participated with 10 other agencies including the Department of Transportation, Office of Inspector General and the U.S. Customs and Border Patrol.

Story and photos by PA3 Dave Hardesty, PADET Los Angeles

## CG holds inaugural tower climb training in Kodiak

KODIAK, Alaska, Aug. 24 — Coast Guard personnel from eight units totaling 21 people were trained in tower climb and tower climb rescue during the inaugural two-day training held here.

Jim Wells, a Coast Guard civilian and prior enlisted electronics technician, was the instructor for the training and was assisted by Lt. Jonathan Musman and Lt. Jason Kremer of Civil Engineering Unit Juneau.

Personnel from Coast Guard Electronics Support Unit Kodiak, Electronics Support Detachments Anchorage, Valdez, Ketchikan and Juneau, Loran Stations Shoal Cove, St. Paul and Kodiak at Narrow Cape attended the training.

The first day of training included classroom instruction on safety, equipment, and tower climbing basics. In the afternoon students made their first climbs. After students made it to the top of the 300-foot tower they had to get back to the ground.

“The rappel was a little slow by myself, I guess 165 pounds isn’t enough to drop like they do in the movies,” said ET2 Joe Shoemaker, from the Electronics Support Unit in Kodiak.

The second day was spent on tower climb rescue.

“It is a bit scary being the victim, you’re dangling like superman, and have no control on the way down,” said Shoemaker.

The training teaches tower climbers how to rescue their own if something goes wrong and the people are unable to get off the tower themselves. Too often rescue services are too far away to respond, according to Wells.

Wells added that help would be limited if he were to fall from many of the towers he climbs. “That’s why we train our personnel to rescue each other. You always climb with a buddy.”

“Ka-chunk, ka-chunk, ka-chunk,” the sound of safety

climbs fills the air. A bar down the center of the tower ladder provides an attachment point for climbers. They wear a harness that they attach to a metal cuff with rollers in it that slides up the bar as they climb. Once the climbers are at the height they need to be they detach from the safety climb and use other short ropes with clips and carabineers on them to attach themselves to the tower.

“You should be attached to the tower at all times,” said Wells, a 23-year veteran tower climber.

There are different tower qualifications that include various heights and hot versus cold towers. A hot tower is energized — it has electric current running through it. If people were to touch a hot tower while on the ground they would ground themselves and become the link to the earth that the electricity travels through. A cold tower is de-energized — it has no current running through it.

The tower that the students climbed in the communication station’s antenna field was a 300-foot cold tower. The afternoon of the second day students from the Kodiak Island LORAN station climbed the 625-foot hot tower at Narrow Cape that they are responsible for maintaining.

According to Wells, the training was very successful. Everybody was trained and they look forward to making this a yearly event. More people

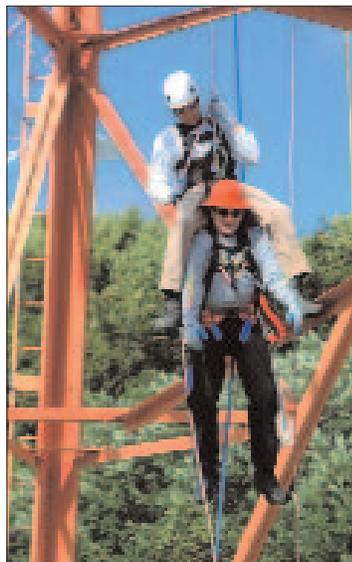
turned out for the training than could be trained at once.

In addition to repairs, Coast Guard personnel conduct a full inspection of each tower every two years. During the inspection they check for overall wear and tear to the hardware, tower alignment, guy wire alignment and tension and, they replace the light bulbs that alert aircraft to the tower’s presence in the dark.

Story and photos by PA3 Sara Raymer, 17th Dist.

*Right:* ET2 Joe Shoemaker (top) performs the rescue portion of his training by rescuing ET3 Mike Krueger, both of Electronics Support Unit Kodiak.

*Below:* Coast Guard members participating in the tower climb rotate through the beginning stages of rescue training by ascending and descending from the 150-foot point of the 300-foot tower at Communications Station Kodiak.



# YN3 takes silver at Tae Kwon Do International Championships



PHOTO COURTESY OF YN3 ERIN SLYCORD

Slycord sports her silver medal with assistant team coach Navy HM1 Elizabeth Evans.

CHESAPEAKE, VA., Aug. 20 — YN3 Erin Slycord, from Coast Guard Headquarters, took the silver medal in Tae Kwon Do fighting at the Conseil International Du Sports Militaire Championships held in Zagreb, Croatia, Aug. 9-17.

Slycord was selected to be part of the 2003 Armed Forces team due to her athletic resume. In May, she won a gold medal in the female bantam weight category (112-121 pounds) at the 2003 Army Invitational Tae Kwon Do Championships. She also joined the Navy's Tae Kwon Do Team training camp and spent three weeks training.

While in Croatia, Slycord spent a week in training with the rest of her 2003 Armed Forces teammates.

This international military championship brought together military athletes from 22 countries from all parts

of the world to fight against their counterparts.

Col. Thomas Allmon, U.S. Army, Chief of Mission, U.S. CISM Tae Kwon Do Team, stated "Petty Officer Slycord fought three well-fought bouts winning 8-5 against Lesotho and 8-0 against Sri Lanka. All eight points against her Sri Lankan opponent were headshots. In her final round, she lost to China 10-7. She held her own until the final round, 3-3, 5-5, and 10-7. Our first Coast Guard CISM representative has made her mark!"

During her trip to Zagreb, Croatia, Slycord, one other U.S. teammate and two Korean team members were asked to demonstrate the art of Tae Kwon Do on "Good Morning Croatia," one of the country's most popular television shows.

After the demonstration, they gave a brief interview. When asked why she was there and what she thought of Croatia, she responded, "I think your country is beautiful. My teammate and I are here to fight hard and represent our country well."

Slycord is a 2nd Degree Black Belt. She earned her 1st Degree at the age of 16. She earned her 2nd Degree Kukkiwon Certificate in 2002 at the age of 18. Now at the age of 19, she will be adding to her list of awards a gold medal from the 2003 Army Invitational Championships and a silver medal from international competition.

CWO2 Harry George, G-WPX

## Civil Rights Service Providers of the Year awarded

WASHINGTON D.C., July 24 — Coast Guard Commandant Adm. Thomas H. Collins presented the full time and collateral duty Civil Rights Service Provider of the Year Awards to FSC Karen Huyck and Ms. Nettie Moment respectively.

Huyck is the equal opportunity advisor for the 5th District and Moment is an equal employment opportunity counselor for the Headquarters Support Command.

The award recognizes those individuals who have made outstanding contributions to the Civil Rights and Equal Opportunity Program by implementing the five field civil rights missions: demonstrate command leadership, develop an organizational culture that values diversity, correct imbalances in the civilian workforce, resolve complaints at the lowest level, and promote community affirmative Outreach.

Cmdr. Scott Fleming, G-HI



TELEPHOTO BY G-IPA-1

Coast Guard Commandant Adm. Thomas H. Collins presents FSC Karen Huyck and Nettie Moment with the Civil Rights Service Providers of the Year awards.

## MINOR REPAIRS

ARABIAN GULF, Oct. 13 — The CGC

Aquidneck, one of four 110-foot patrol boats deployed to the Arabian Gulf in support of Operation Iraqi Freedom, is pulled from the water for minor repairs and maintenance.

PA2 Kyle Niemi, CG Forces Southeast Asia





# ALL HANDS AC

Lt. Jack Rittichier was shot down in Vietnam 35 years ago —

PA1 TOM SPERDUTO, PADET NEW YORK





**HONORING A HERO** David Rittichier, Lt. Jack Ritticher's brother, reflects at his brother's graveside and at the Vietnam Memorial Wall in Washington, D.C., where his brother's name is listed.

PA1 Tom SPERDUTO, PADET New York

# COUNTED FOR

— on Oct. 6, the hero's remains were finally returned home.

Story by PA1 Lauren Smith, 1st Dist.



The night after Coast Guard pilot Lt. Jack Rittichier's remains were buried at Arlington National Cemetery, Carol Wypick, his widow, slept well for the first time in months and rested easy for the first time in years. The "awesome" tribute, as she called it, reaffirmed her desire to make sure everyone knew how special he really was.

It had been 35 years since Rittichier's family learned he had been killed in action in the Lao People's Democratic Republic when his helicopter was shot down on a search and rescue mission June 9, 1968, during the Vietnam War.

Several months after a November 2002 recovery mission began, remains found at the crash site were positively identified by the Army's Central Identification Lab in Hawaii as those of Rittichier and the other three crewmembers, Air Force Capt. Richard Yeend, Staff Sgt. Elmer Holden and Sgt. James Locker.

During Rittichier's funeral, amiable whispers filled

the memorial chapel in Fort Myer, Va., which borders the seemingly endless rows of white tombstones at Arlington National Cemetery. On Oct. 6, men and women in blue Coast Guard suits, many of them aviators, filed into the pews with their hair neatly groomed, quietly conversing as if to not render any degree of disrespect on the solemn day. Veterans clad in leather jackets with patches and rank insignias of former times arrived, many of them wearing prisoner of war-missing

**HEADING HOME** *Below:* Coast Guardsmen at Air Station Barbers Point in Hawaii carry Lt. Jack Rittichier's casket aboard the aircraft that transported Rittichier's remains to Arlington National Cemetery in Virginia Oct. 3.

**HERO GUARD** *Right:* Coast Guard Honor Guard Members watch over Rittichier's casket aboard a Coast Guard aircraft.

**IN HONOR** *Bottom Right:* A photograph of Rittichier is on display at his funeral in Arlington, Va., Oct. 6.



PH1 TOM SPERDUTO, PADET NEW YORK



PH1 KEITH DEVINNEY, U.S. NAVY



in action bracelets inscribed with Rittichier's name. A unit of U.S. Naval Sea Cadets, named for Rittichier, sat quietly and obediently, taking it all in.

Also in attendance were several friends and family members, and a number of other POW-MIA bracelet wearers who never met Rittichier but kept his story alive by keeping records and starting informational Web sites. Customarily, a POW-MIA bracelet is worn until the person named on the bracelet is accounted for.

That day, in accordance with tradition, the bracelets could finally be returned to the family or placed on the casket during the interment.

Retired CPO David Yelton had worn his bracelet for 17 years and tracked the progress of this case because Rittichier was a "fellow Coastie."

"It is closure for me, closure for the family, and closure for a lot of Coasties," he said.

He was finally able to present the bracelet to Rittichier's family.

"I just handed over a piece of me to Jack's family," he said. "But that is now where that piece belongs. It was bittersweet. A part of me is gone. I'll always remember Jack. Although I never knew him personally... I feel like I almost know him," said Yelton.

Wreaths of red, white and blue flowers adorned the chapel's sanctuary, while the elegant silver coffin draped with the American flag was marched in by Coast Guard Honor Guard pall bearers.

"If we define the character of a man by his actions, Lt. Rittichier's conduct, under duress, endures as the quintessence of courage," stated Adm. Thomas H. Collins,



PA2 F/ia El-Amin, G-IPA



PA1 Tom SPERDUTO, PADET New York

**CARRYING ON** Top: Members of the Coast Guard Honor Guard remove Rittichier's casket during his funeral at Fort Myer in Arlington, Va., Oct. 6.

**READY TO LEAD** Above: A member of the Army's U.S. 3rd Infantry, "The Old Guard," waits to escort Rittichier's remains to a graveside in Arlington National Cemetery.

PA1 Tom SPERDUTO, PADET New York

Coast Guard commandant, in the eulogy. "He embodied moral integrity and dauntless valor, while dedicating his life to the safety and security of others."

Songs were played, hymns read, and then the casket was respectfully marched out of the chapel behind a parade of white horses toward Rittichier's final resting place on Coast Guard hill in close proximity to the grave of pioneer Coast Guard aviator, Lt. Elmer Stone.

"We've got him home, and he's there as long as the land will be there," said his younger brother Carl "Dave" Rittichier.

Scriptures were read with dignity, and the reverent words of committal were spoken during the interment.

Coast Guard veteran Robert McLeod served in Vietnam for 18 months and is now the chair of the ways and means committee of the Coast Guard Veterans Association. He stood in formation observing the service with his fellow veterans.

"I'm a hard nose," he said. "You don't

see much coming out of my eyes. But when I saw that casket, it was like I lost a brother. Truly, my eyes were filled. It was the symbolism behind it, because he was ours. This ended Vietnam for us."

Four Coast Guard helicopters circled overhead, and the mosquito-like hum of the rotors gave most everyone in attendance the chills. Seven honor guard members fired three shots each in unison, creating a thunderous 21-gun salute, signifying honor.

"When those guns fired and the helicopters went



PA1 Tom Sferduto, PADET New York



PA2 Faio El-Amin, G-IPA

**MARCHING ON** *Left:* A casket bearing Rittichier's remains is led through Arlington National Cemetery by members of the Army's 3rd U.S. Infantry, "The Old Guard."

**WITH HONORS** *Top:* Coast Guard Honor Guard members carry the casket containing Rittichier's remains to a graveside in Arlington National Cemetery, where they ceremoniously folded the flag that was on top (*Bottom*).



PA1 Tom Sferduto, PADET New York

over, that brought those memories back all over again of all the things we would do. He was our mentor," said Rittichier's brother Dave.

Rittichier once told Dave, "I've been trained with millions of dollars. I can't leave those fellows stranded over there. I've got a duty and obligation to them and this country."

Thirty-five years later, "Taps," "America the Beautiful" and "Amazing Grace" resonated in the distance as three American flags were carefully folded and handed to Rittichier's two brothers and his widow. Coast Guard flags across the nation flew at half-mast.

All hands were finally accounted for. 



PA1 Tom Sperduto, PADET New York



**IN REMEMBRANCE** *Bottom Left:* A Coast Guard Honor Guard member presents Coast Guard Commandant Adm. Thomas H. Collins the flag from the top of Rittichier's casket. Collins then presented the flag to David Rittichier, Lt. Rittichier's brother (*Left*).

**PAYING RESPECT** *Top:* A Vietnam Veteran places beads on Rittichier's casket. Members of Rittichier's family embrace near Rittichier's graveside in Arlington National Cemetery.

PA1 Tom Sperduto, PADET New York



PA1 Tom Sperduto, PADET New York

PA2 Fa'io EL-AMIN, G-IPA

NGS  
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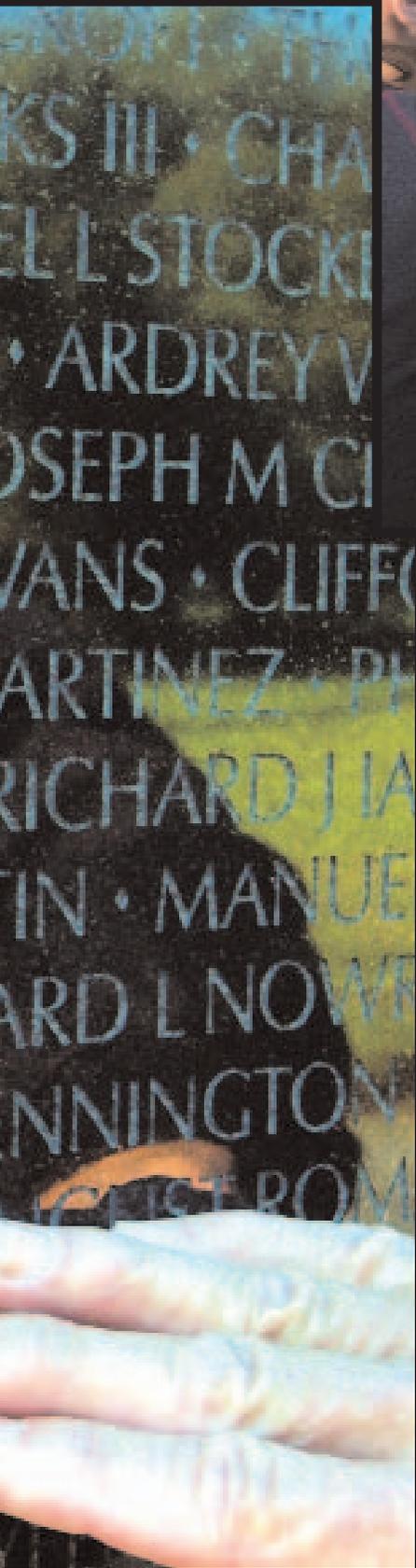




**REFLECTIONS** *Far Left:* David Rittichier visits the Vietnam Memorial Wall in Washington, D.C., where the name of his brother, Coast Guard Lt. Jack Rittichier is listed.

**THE WRITING ON THE WALL** *Left:* Rittichier's nieces make a rubbing of his name from the Vietnam Memorial Wall.

PA1 TOM SPERDURO, PADET NEW YORK



PA1 TOM SPERDURO, PADET NEW YORK

## HEROES' RESTING PLACE

American cemeteries overseas not forgotten

Kevin Matthews, G-C1

This month marks a poignant moment in Coast Guard history with the recovery and burial of the body of Lt. Jack Rittichier. However, it is not the only occasion where Coast Guard personnel have sacrificed their lives for their country and remain in foreign lands. On a recent visit to Tunisia, Vice Adm. Thomas Barrett laid a wreath in the American Cemetery there. Sitting atop ancient Carthage, this cemetery covers 27 acres and is the final resting place for scores of American military personnel who gave their lives in the North Africa, campaigns of World War II.

The cemetery contains 2,841 graves, roughly the number of Americans lost in the attack on the World Trade Center. The number

includes four American service women, three sets of brothers, and seven unknown service members. The cemetery is bordered on one side by a 364-foot wall known as the Tablets of the Missing. Inscribed on it are the names of 14 Coast Guard service members who lost their lives during the North African landings of Operation Torch in 1942.

The American Battle Monuments Commission operates overseas American cemeteries around the world that contain the remains of U.S. personnel. Among these are the Normandy Cemetery, the Guadalcanal American Memorial, the Sicily-Rome Cemetery at Nettuno, Italy, and the Ardennes Cemetery.



**ESCORT**  
Coast Guardsmen from Virginia and Maryland escort the first LNG shipment into the Cove Point LNG Plant in Lusby, Md., July 25.

# Safe transit

Story and photo by PA3 Donnie Brzuska, LantArea

Coast Guardsmen from across Maryland and Virginia mobilized to ensure the safe passage of a foreign-flagged tanker carrying liquefied natural gas to the newly reactivated Cove Point LNG plant in Lusby, Md., July 25. This was the first liquefied natural gas shipment to the region in 23 years.

Personnel from both Activities Baltimore, Md., and Marine Safety Office Hampton Roads, Va., were involved with inspecting the Cove Point facility and securing the transit through the Chesapeake Bay.

Dominion Resources Inc., the owner of the Cove Point Facility, bought and re-opened it to supplement a national shortage of natural gas, according to Dan Donovan, a spokesman for Dominion.

“The demand for natural gas has increased dramatically recently because it is an environmentally sound form of energy. We have to bring in external resources to meet the nation’s needs,” said Donovan.

Security of the facility has been an ongoing issue for members of the surrounding community because of perceived dangers of LNG.

Representatives from MSO Hampton Roads, Activities Baltimore and Dominion began holding public meetings months before the first shipment to hear the concerns from members of the local community and the first responders in the area.

Although there has never been a verified terrorist threat against an LNG facility in the U.S. or abroad, the Coast Guard took extra steps in its assessment of the security of this operation to determine that this stretch of the Chesapeake Bay was safe for LNG transport.

While no maritime operation is risk free, the Coast Guard, working alongside its interagency partners, has implemented a number of safety and security regulations and requirements that are aimed at deterring a terrorist attack or industry accident at the Cove Point facility.

Even before the LNG tanker, *Norman Lady*, delivered over 22 million gallons of LNG to the Cove Point facility, members of Coastwatch in Washington, D.C., the Coast Guard’s link to local, state and federal

criminal and terrorist watch lists across the nation, began cross checking the members of the *Norman Lady*’s crew against criminal and terrorist data bases.

Meanwhile, miles off the Virginia coast, members of MSO Hampton Roads climbed aboard the *Norman Lady* for its initial security boarding. The members of the boarding team checked the crew’s passports and made sure all of the *Norman Lady*’s paperwork was current.

The Coast Guard also enforced a moving 500-yard security zone around the LNG ship as it transited up the Chesapeake Bay.

A 500-yard security zone was temporarily established around the Cove Point docking facility as well, which actually sits offshore about one and a half miles away from the Cove Point Lighthouse.

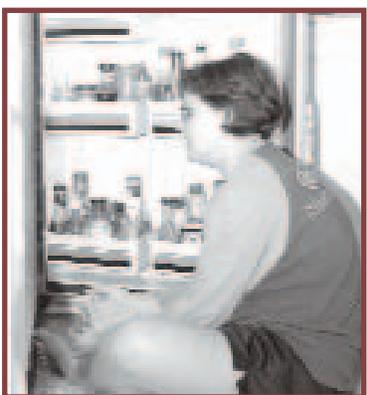
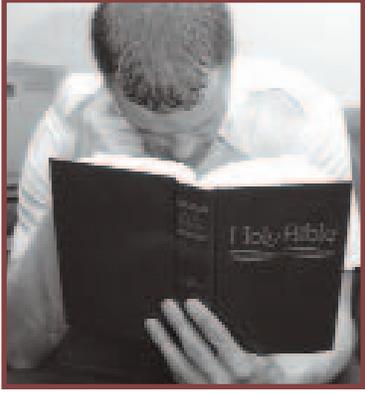
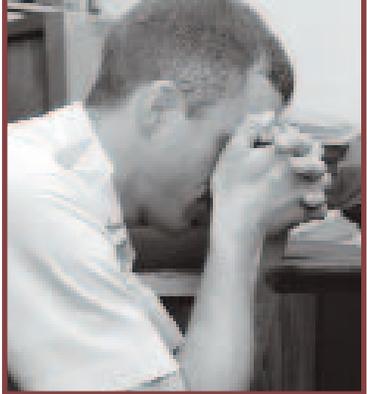
The docking facility has been identified as one of the best fishing spots in the area and the local commercial and recreational fishing community were concerned about the 500-yard security zone around the LNG facility.

“We’ve taken great initiative to strike a proper balance between the security of Cove Point and it having a minimum impact on legitimate waterway users,” said Cmdr. Gordon Loebel, chief of the operations prevention division at Activities Baltimore.

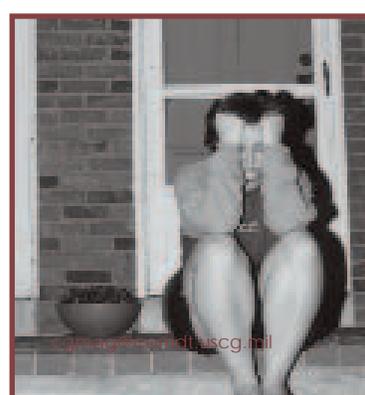
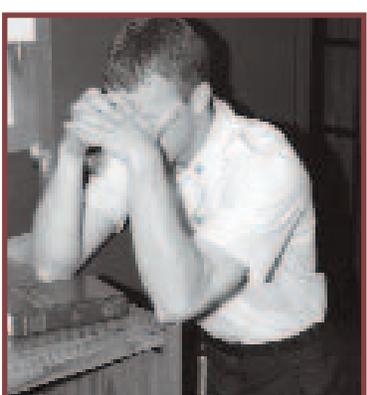
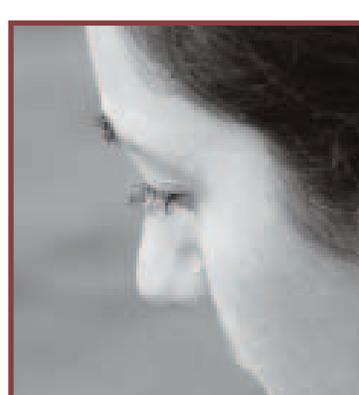
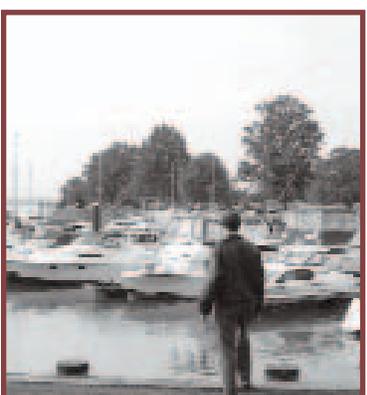
The security zone around the docking facility will remain temporary until a permanent security zone can be established.

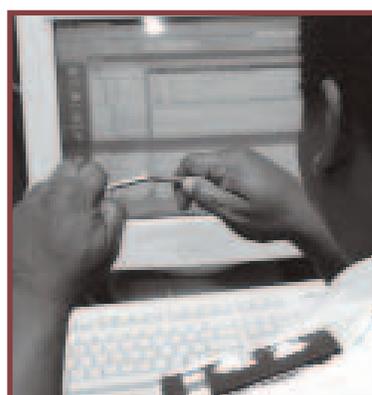
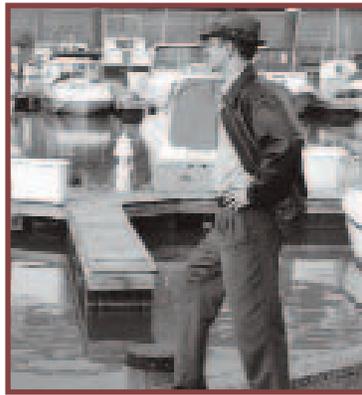
The Coast Guard worked closely with Dominion and the surrounding community to prepare the facility for the initial delivery of LNG and will continue this relationship to ensure the safe and secure shipping and offloading of LNG as long as the facility is operational.

The Coast Guard’s commitment to its homeland security mission was present at every level of this operation. With the help of the Coast Guard’s interagency partners the first shipment of LNG in to the Chesapeake Bay in 23 years was delivered without incident. 



**depre**  
**in the Coa**  
 Story by PA2 Jaimie Knife, 1s

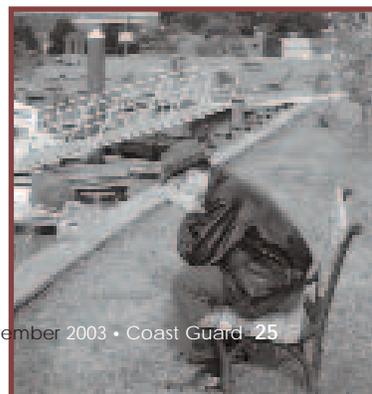
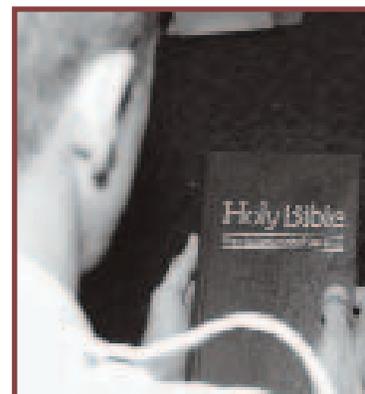
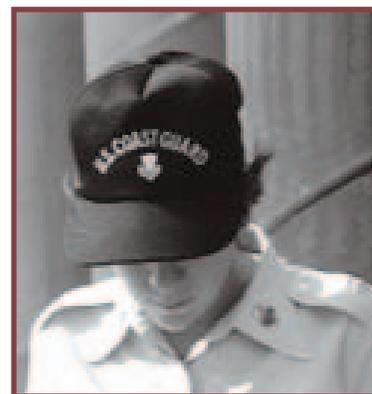
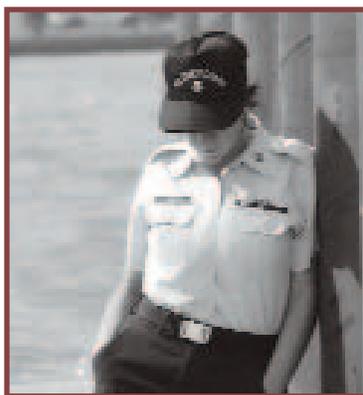
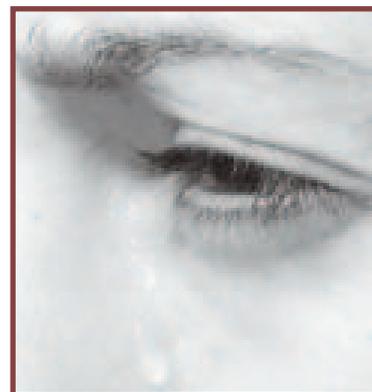
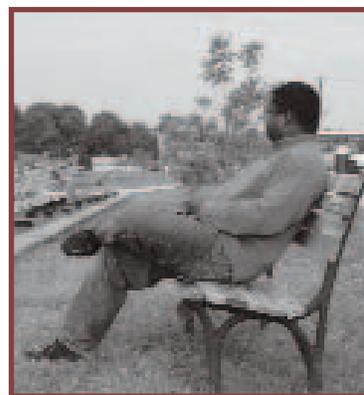




# ession

## ast Guard

t Dist. and photos by G-IPA-1



**Y**ou wake up in the morning feeling like you ran a marathon in your sleep. Very slowly, you force yourself to leave the safety of your bed. When faced with the task of getting yourself ready for the day you think, “I just don’t think I can do this again.” You try to quiet a repetitive voice in your head that keeps saying, “I really need to crawl back under the covers and hide.” You approach the day in a listless robotic fashion.

Nothing you do receives your total attention because you’re focused on convincing yourself that life really isn’t so bad. You eat only when someone reminds you to, and when you do, you find no pleasure in it. It’s just another task to be completed. All you really want to do is sleep, but when you finally get to go to bed, you can’t sleep. Everything in life you used to enjoy no longer appeals to you.

Maybe your melancholy first reared its head when a loved one died. Or maybe you are having relationship problems. Maybe it began with a change at work or home.

Or maybe it began when the seasons changed. Maybe you can’t identify when it started, but it seems like the feeling will never go away.

Regardless of the cause, “it” has a name: you may be suffering from depression. Depression is defined as an intense sadness that persists beyond an appropriate amount of time.

Feeling down every once in a while is normal, but if you or someone you know has experienced some of the symptoms of depression for a long period of time it may be time, to seek help. Symptoms include: feeling hopeless or guilty for no reason; losing interest in friends and activities that normally are enjoyed; sleeping too much or not enough, or considering suicide.

“Our personnel are perfectionists who set real high self-expectations,” said Christine Sullivan, Coast Guard

Integrated Support Command Boston employee assistance coordinator. “This is what makes them great at their jobs, but many of our people do not know how to strike a balance in their personal lives.”

“They drive themselves too hard at the expense of their physical health and/or family life. They set very high standards and then worry how they will meet those goals and standards,” Sullivan continued. “When their unrealistic expectations are not met, they develop depression and anxiety.”

The increased pace of operation tempos since Sept. 11 can be a cause of added mental stress that can lead to depression, said Cmdr. Timothy Demy, 1st District chaplain. With the added stress, the trip wire comes quicker than normal, and people might respond differently in situations they used to just take in stride, Demy continued.

“Depression affects all ranks, ages, male and female,” said Demy. It is often the top-performers who become overloaded by taking on too much and become depressed and/or suicidal, Demy added.

According to the Merck Manual of Medical Information, of the 25 to 30 percent of people experiencing

**“I never wanted to kill myself, I just wanted to cease to exist.”**

**— Anonymous PO1**

## Resources

### Coast Guard Sponsored Resources:

- District Chaplain
- Employee Assistance Program (EAP)  
1-800-222-0364

This is a confidential assessment and short-term counseling service that can be used without a referral. By law all information shared with EAP, psychologists and psychiatrists is confidential unless suicide, imminent harm to another, or child abuse is indicated.

### Additional Resources:

- The Samaritans Hotline  
1-800-852-8336
- American Foundation for Suicide Prevention  
1-888-333-2377
- National Foundation for Depressive Illness  
1-888-248-4344



Cmdr. Kalas McAlexander, Coast Guard Headquarters, is seen here reviewing literature with YN2 Mo Dixon, Coast Guard Headquarters.

some form of excessive mood disturbance during their life, only about 10 percent will require medical attention. The Merck Manual also states that 10 percent of people who see their doctor for a suspected physical problem are actually depressed.

"I initially went to the doctor because I thought I was allergic to something that was making me tired all the time," said an anonymous first class petty officer who dealt with depression for nearly two years. "In retrospect I see how silly that was. But still, I felt like if I admitted to myself that I was depressed then I would be admitting a weakness. In truth, it was probably the strongest thing I could do. There's nothing weak in asking for help when you need it."

The petty officer continued, "Depression drained all the energy from me. I was exhausted all the time. I slept nearly 15 hours a day. My performance at work suffered, but I stopped caring. It was all I could do just to show up."

"When I was at home I mostly sat on my couch and just looked at the walls. I never wanted to kill myself, but I did want to cease to exist. I asked God why I was ever born. I



Porters Support Command chaplain shares some quarters.

prayed and prayed and prayed. But everything felt out of control. This went on for months until I finally went to the doctor and got on an anti-depressant. It took a while for the medication to take effect, but slowly I started to feel a little more like myself. The activities I used to enjoy became pleasurable again, and little by little, I began to sleep less and less."

Depression and anxiety are very treatable conditions, just as this petty officer experienced. And, countless people get help and go on to lead happy and productive lives and careers, according to Sullivan.

"It's been a couple years since I've completely recovered from depression," said the petty officer. "When my energy returned I slowly got off the medication. When I look back over the experience, I think that the support of my shipmates and supervisors made all the difference for me. The teamwork that pulled together to support me was textbook."

According to Sullivan, military members often avoid seeking help for emotional problems because they assume they will automatically be discharged from the military. Members must fall under certain criteria to be considered not-fit-for-duty.

Separation from the service is only in extreme cases where the member can no longer fulfill their job requirements, according to Sullivan. The sooner you seek help, the less severe your anxiety or depression

will become and the sooner you will start feeling better. Often, all it takes is a couple of counseling sessions with the local EAP.

Depression is not a weakness but may be a serious health disorder that if not treated can escalate into thoughts of death and suicide. But, with help available, there is hope for people dealing with depression to fully recover and again experience the joy of living. 

### Ways to Help Yourself, According to Christine Sullivan, ISC Boston's Employee Assistance Coordinator

- Talk to someone. This helps get rid of emotional excess. When you get rid of emotional excess, you think and problem-solve much better.
- Get out of the house, even if it's for a short walk. Science proves the best treatment for depression, stress and anxiety is physical exercise because it flushes the body of toxins, releases endorphins, enhances mental clarity and helps with sleep.
- Set up a normal routine and take care of yourself. Get up in the morning, take a shower, get dressed, eat a healthy breakfast and get out of your house.

### Ways to Help Others

- Talk and listen. What seems like a small issue to one person can be totally overwhelming to another.
- Provide support and encourage them to seek professional help.



**Story by Lt. Craig Neubecker, HITRON**  
**Photos by AVT1William Greer, HITRON**

### **TRAINING TIME**

Two of HITRON Jacksonville's MH-68A Sting Rays flying formation over north Florida training for the maritime homeland security mission.

*It's a bird, it's a plane, it's a ...*

# Sting Ray





**T**he Coast Guard's newest helicopter, the MH-68A, recently received the official designation "Sting Ray." The Sting Ray is an all-weather, short-range, armed interdiction helicopter, employing state of the art navigation, communication, and avionics equipment. Unlike the Coast Guard's HH-65 Dolphin and HH-60 Jayhawk helicopters, which are used mainly for search and rescue, the MH-68A Sting Ray's primary missions are maritime drug interdiction and homeland security.

Built by Agusta Aerospace Corporation, the Sting Ray is the military version of the A109E Power

civilian helicopter and is the newest helicopter in the Coast Guard inventory. While the MH-68A has been referred to by various unofficial nicknames, the only authorized designation is now Sting Ray. The Sting Ray is flown by the Coast Guard's Helicopter Interdiction Tactical Squadron Jacksonville based at Cecil Field in Jacksonville, Fla.

HITRON is America's first and only airborne law enforcement unit trained and authorized to employ airborne use of force. Initially tasked with interdicting and stopping suspected drug-laden, high-speed vessels



## KEEPING A LOOKOUT

One of HITRON Jacksonville's MH-68A Sting Rays patrols the Florida coastline for maritime homeland security.



known as “go-fasts,” HITRON’s mission was expanded to include maritime homeland security, and the unit now has a key role on the front lines of America’s war on drugs and terrorism. HITRON aircrews routinely deploy aboard Coast Guard cutters patrolling the high seas to stem the tide of illegal drugs flowing into the United States.

Sting Ray aircrews interdict go-fast smuggling vessels, using incremental steps to compel the vessel to stop. Ultimately, if the vessel refuses to comply, Sting Ray crews are authorized to disable the vessel’s engines with gunfire. Since employing the Sting Ray, HITRON aircrews have successfully interdicted more

than 30 tons of illegal drugs valued at more than \$2.1 billion.

HITRON aircrews now also stand ready to deploy to cities around the nation to provide security for U.S. ports and associated waterways as a resource in the Coast Guard’s new maritime homeland security role whenever there is a credible terrorist threat.

“The use of Coast Guard HITRON for armed patrols will increase the level of security in our ports, provide an additional layer of defense, ensure continued safe flow of commerce and deter possible acts of terrorism in our nation’s key ports,” said Secretary of Homeland Security Tom Ridge. 

## Small Stuff

**2003 Waesche Award solicitation** — Nominations are now being accepted for the 2003 Adm. Russel R. Waesche Award.

This award is presented annually to the Coast Guard district and its supporting integrated command judged to be the most supportive of a totally integrated Coast Guard military force, shown by their use and support of reservists.

Specific areas for evaluation include overall mission performance using all military resources, professional development of active duty and reserve members and

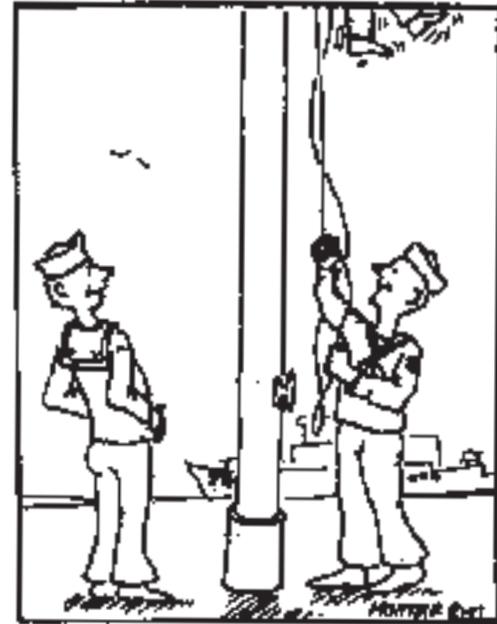
financial management.

Each district commander may submit a letter of application and must forward it to Commandant (G-WTR-2) not later than Dec. 1, 2003.

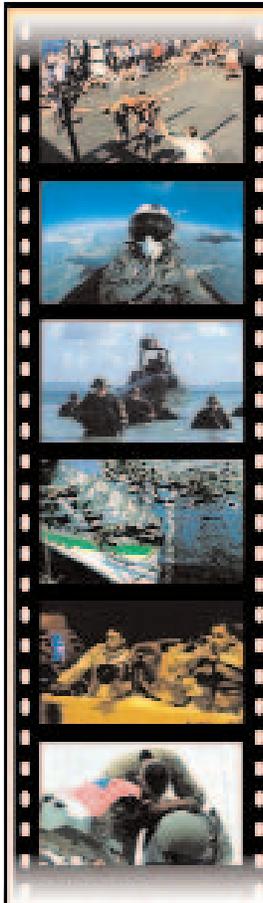
For more information, please contact Lt. j.g. Jae-Won Kwon at (202) 267-0192 or Lt. Scott Toves at (202) 267-0622.  
G-WTR-2

**Correction** — The back cover photo of the September issue of Coast Guard Magazine was taken by PA3 Cindy Marshall (D9).  
Editor

## chuckles



**IN SPITE OF THE STRANGE REQUEST, A COAST GUARD ENSIGN IS HAULED UP.**



### Calling All Photographers 42nd Annual Naval and Maritime Photo Contest

**Dare to Participate For Your Chance to Win!**

With generous support from Navy Federal Credit Union

**\$500 First Prize      \$350 Second Prize**  
**\$250 Third Prize      \$100 Honorable Mentions (15)**

Open to: All amateur and professional photographers  
Topic: Any naval or maritime subject (not limited to calendar year of contest)  
Published: April Proceedings  
Displayed: Selected Navy Federal Credit Union Branches  
Deadline: 31 December 2003  
Send Entries to: Naval and Maritime Photo Contest  
291 Wood Road  
Annapolis, MD 21402-5034



For Complete Details go to [www.navalinstitute.org](http://www.navalinstitute.org)

### 2002 Winners and Their Work



**First Place**  
PH2(AW) Alex C. Witte, USN



**Second Place**  
Robert B. Meyer



**Third Place**  
PH1(AW) Michael W. Pendergrass, USN



## Housing

Single-family houses and town homes are available on Otis Air Force Base, just 20 minutes from the station. Living on the economy is difficult, since civilian housing can be quite expensive.

## Facilities

Otis Air Force Base offers all the usual fare of a large base. The Coast Guard medical facility there is the nearest one to the station.

## Education

The closest educational opportunities include Cape Cod Community College in Hyannis, the Upper Cape Vocational school in Bourne and the University of Massachusetts campus in Dartmouth.

## Weather

Winter temperatures range from the mid 20's to the 40's, with some snow and high winds. In the summer, temperatures are usually in the 80's.

# Greetings from Station Cape Cod Canal

Millions of tourists visit Cape Cod every year, making Coast Guard Station Cape Cod Canal in Sandwich, Mass., one of the busiest stations on the Cape. With the station's versatile location, Coast Guardsmen can enjoy all the amenities the Cape has to offer on a daily basis while pursuing their careers.

The station is billeted for 30 active duty members, and the duty sections stand a port and starboard rotation.

Fourteen reservists drill here as well, and three auxiliaries assist with radio watches and administrative support.

On any given day, crews patrol the beautiful waterways of the Cape Cod Canal, Cape Cod Bay, and Buzzard's Bay in the 41-foot utility boat, 21-foot RHI, or 27-foot Boston Whaler, carrying out their primary missions of search and rescue and homeland security.

Cape Cod Bay is a critical whale habitat for endangered whales, and the crew is as likely to help lead a disoriented whale back out to sea as to conduct security patrols around nearby Pilgrim Nuclear Power Plant.

Cape Cod Bay and nearby Buzzard's Bay is known to tourists for whale watching, scuba diving, recreational boating, sightseeing and fishing, so there is never a short supply of SAR cases during the summer

months.

New Bedford, Mass., which is about 40 miles from Sandwich, is the home of one of the largest commercial fishing boat fleets on the East Coast and keeps the station busy with SAR and fisheries boardings. The area is also renowned for its heavy vessel traffic of cruise liners and container ships.

With a view overlooking the mouth of the Cape Cod Canal, the station is set back from the water's edge and has a large front lawn perfect for outdoor training, sports at the end of the day, or playing with the station's Golden Retriever, Lady.

Sandwich is the oldest town on Cape Cod and offers many historical sites for history buffs to visit. New Bedford boasts many museums as well. Shopping and movie theaters are in abundance. If a night in the city is on the menu, Boston is a one-and-a-half to two-hour drive from the station.

Red Sox fans can check out a game, and theater buffs can get tickets for Boston's own Blue Man Group. The local USO offers regular discounts on tickets for both events as well as

tickets to many other cultural and sporting events.

Story by BMC Herman Hause, OINC, Sta Cape Cod Canal

Photos by PA1 Amy Thomas, 1st Dist.



## FAMILY GREETING

ET3 Gregory Sharpes from PSU 313 greets his daughters after a six-month deployment in the Persian Gulf Aug. 27.

Photo by PA2 Anthony Juarez, 13th Dist.

